

Becoming a Better YOU!!!!!! 2015

Free Adult Classes will be held every other week

January 26 _ Personal Development

February 9 – What's important to YOU!

February 23- Health and Wellness

(Bring workout attire for a 30 min fitness demo)

March 9- Money Management 101

March 23 –Communication

6:30-7:30pm

The goal of the class is to set goals, embrace self-worth and strive to become a better you in 2015.



**Also for more information email
laneisha.beasley@louisvilleky.gov**



**METRO
Parks**
www.metro-parks.org

South Louisville Community Center

**2911 Taylor Boulevard 40208
502/574-3206**

It is the intent of Metro Parks to make all programs and facilities accessible to individuals with disabilities.
If an accommodation is necessary for your participation, please advise us of the needed service in advance.